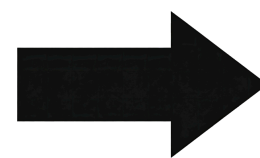




BLOOD SUGAR BREAKFAST Guide



Simple breakfasts. Steady energy.
Better mornings.

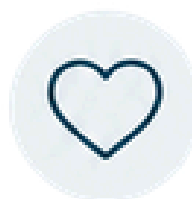
The
Glucose Nurse[™]
Midlife Metabolic Health
Amy Alford, RN



Easy ideas
that balance
your blood sugar



Stable energy
& fewer
cravings



Feel your best
all day
long

BREAKFAST OPTION 1

HIGH PROTEIN START



1 Slate Vanilla Latte Protein Coffee
~100 CAL | 20G PROTEIN



2 Scrambled Eggs + 1 Serving Egg Whites
~165 CAL | 17G PROTEIN



Side of Raspberries (1/2 cup)
~30 CAL | 0.5G PROTEIN | 4G FIBER



3 Turkey Sausage Links
~130 CAL | 12G PROTEIN



1 tsp Oil
~40 CAL | 0G PROTEIN



CALORIES
465
CAL



PROTEIN
49g



FIBER
4g

*NUTRITION FACTS ARE APPROXIMATE AND MAY VARY.

BREAKFAST OPTION 2

HIGH PROTEIN • HIGH FIBER



Oikos Pro Single
(5.3oz)

E3 Almond Cherry
Full Bar (3 Cubes)

STÖK Cold Brew
(Unsweetened, 1 cup)

Fairlife 2% Milk
(1/2 cup)



CALORIES
500
CAL



PROTEIN
40g



FIBER
13g

*NUTRITION FACTS ARE APPROXIMATE AND MAY VARY.

BREAKFAST OPTION 3

HIGH PROTEIN WRAP BREAKFAST



**Carb Balance Wrap
(Soft Taco)**

~70 CAL | 6G PROTEIN



**2 Scrambled Eggs
+ 1 Serving Egg Whites**

~165 CAL | 17G PROTEIN



3 Turkey Sausage Links

~130 CAL | 12G PROTEIN



1 Tbsp Salsa

~5 CAL | 0G PROTEIN



**Slate Vanilla
Protein Coffee**

~100 CAL | 20G PROTEIN



½ Cup Raspberries

~30 CAL | 0.5G PROTEIN



CALORIES
500
CAL



PROTEIN
55g



FIBER
21g

*NUTRITION FACTS ARE APPROXIMATE AND MAY VARY.

BREAKFAST OPTION 4

LIGHT & PROTEIN PACKED



SF Caramel
Protein Iced Latte
~200 CAL | 29G PROTEIN



Egg White & Roasted
Red Pepper Egg Bites (2 bites)
~170 CAL | 12G PROTEIN



CALORIES
370
CAL



PROTEIN
41g



FIBER
0g

*NUTRITION FACTS ARE APPROXIMATE AND MAY VARY.



MORNING BLOOD SUGAR

Balancing Tips

1

Mornings are when you are most insulin sensitive.

What goes in first sets the tone for the day.

2

Do not start with carbs.

Skip the toast-and-cereal-first habit.

3

Lead with PFF — Protein, Fat, and Fiber first.

Carbs need a BFF. PFF is your carbs' best friend.

4

Layer carbs in after.

Berries, a wrap, fruit, or add protein to your oats.

5

On-the-go counts too.

Yogurt, an E3 bar, or a Starbucks protein latte + egg bites.